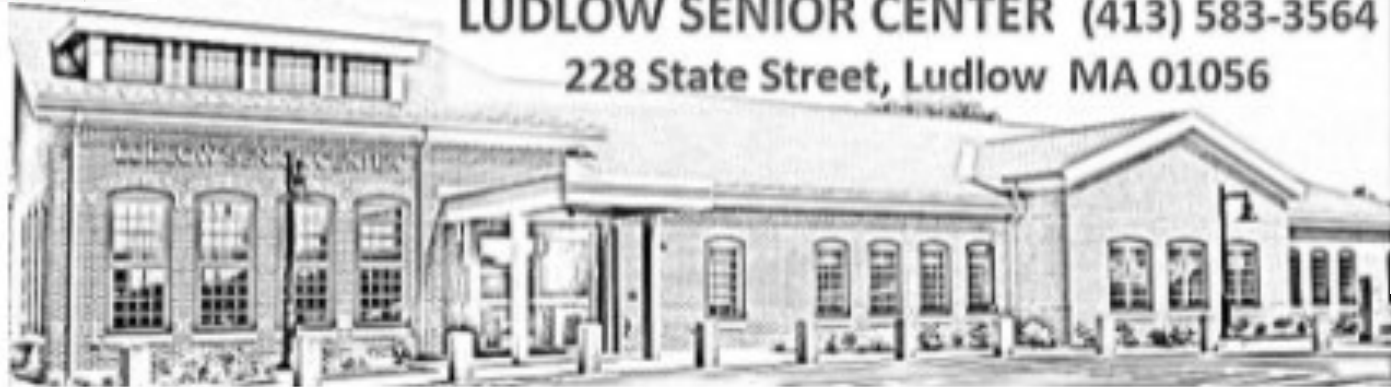




THE SENIOR SCENE ~ JULY 2025

LUDLOW SENIOR CENTER (413) 583-3564
228 State Street, Ludlow MA 01056



SPECIAL EVENTS...

AFRICA! ~ A VISUAL TOUR

Wednesday, July 2nd at 10:00am

If you missed this tour the first time, now is your chance to join our Senior Center travel experts as they take you on a visual tour of Africa. Come and learn about Africa and see amazing pictures!

Sign up appreciated

HONORING CHOICES ~ ADVANCED CARE PLANNING

Monday, July 21st at 10:00am

Greater Springfield Senior Services, Inc. will offer a free, one-hour presentation on the basics of Advanced Care Planning. The goal is to educate people of all ages about the importance of choosing a healthcare proxy, writing advanced care directives, and having these conversations with loved ones. **Please register for this class.**

50+ JOB SEEKERS INFORMATION TABLE

Friday, July 25th at 10:00am

Take the next step in your career journey by becoming part of the 50+ Job Seeker MA network. Connect with like-minded professionals, attend exclusive events, and access valuable resources tailored for experienced job seekers. The 50+ Job Seekers program recognizes that experience, wisdom, and professional maturity are valuable assets in today's workforce. We're committed to helping seasoned professionals showcase these strengths while successfully navigating an evolving job market. Stop by!

MERCY LIFE PACE

Monday, July 28th at 10:30am

Join us for an educational program and learn about Mercy Life PACE. Mercy Life PACE is an innovative health care choice for seniors living in Western Mass. They are a Program of All-inclusive Care for the Elderly (PACE)-tightly coordinated care and support designed to help seniors continue to live at home to avoid going into a nursing home. **Please register for this class.**

Jammin with Jodi....

So this is an article that I never thought I would have to write but here we go. Debbie Johnson, our Outreach Coordinator, is retiring after 25+ years of service at the Ludlow Senior Center.

To say that this is a huge loss for us is an understatement. Deb and I have been together for over our 23 years and we have shared tears, laughs, highs, lows and have been through some unimaginable situations together. We have been through many personal challenges and celebrations together as well. Debbie has **NEVER** waived from what was important to her and that was caring for the older adults of this community and beyond.

Deb has been a wealth of information, has compassion and empathy and believes that everyone should be treated with dignity, respect and independence. She has filled out 1000s of applications, seen 1000s of older adults, answered 10,000+ calls and questions and yet still comes to work ready for the day.

Deb literally saves lives and makes a difference everyday.

Debbie has held the staff together and always reminds us of why we do what we do. BUT...I am super happy and excited that she is going to live her life outside of this building and have some big adventures ahead. I know she is going to travel and volunteer and enjoy her retirement but I also know that she will never forget any of us and is only a phone call away (sorry Deb!). Deb, I hope you know how much you are **LOVED** and **RESPECTED** and how much you are going to be **MISSED!**

This is not good-bye but see you soon!!! *Jodi Lapere*

Let's Celebrate Debbie Johnson!

Tuesday, August 5th

4:00pm-6:00pm

Ludlow Senior Center



The van will also be available.

Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
jzepke@ludlow.ma.us

Assistant Director

Heather Jolicoeur
hjolicoeur@ludlow.ma.us

Outreach Coordinator

Debbie Johnson
outreach@ludlow.ma.us

Activities Director

Maria Ardolino
activity@ludlow.ma.us

Administrative Assistant

Starting soon!

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Dennis Frodema

Dispatcher

David Snyder

Van Drivers

Jack Alves
John Garcia
Mike Lebel

Activity Assistant

Tammy Laselle



Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fernando Barroso- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Debbie Johnson- Member

Bob Radowski- Member

Debbie Potter- Member

Ludlow Council on Aging

Mission: The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over **60 years** old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.

Dignity ~ Independence ~ Inclusion

Next meeting: July 16th at 4:30pm

JULY TRIPS:

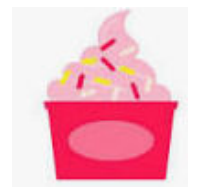


Please be advised that there will be no trips in July and August due to staff vacations, staff shortage and Maria's not being able to drive the van. Trips will return as soon as we can. Thanks for your understanding!

NATIONAL ICE CREAM & NATIONAL SPRINKLES DAYS!

Wednesday, July 16th at 10:30am

In honor of both these days, join us on the back patio (weather permitting) for ice cream with sprinkles...or as we like to call them, jimmies! What's your fancy, chocolate or rainbow? Join us!



FILE OF LIFE

Do you have a completed **File of Life** in your home and in your purse or wallet? If the answer is no, please stop by the Center and pick them up. These pieces of paper are so important in an emergency. If you are at the Center and don't feel good, it gives us and EMTs the information we need to get you medical help. The one in your home goes on the fridge. Medical personnel know where to look for it. If you do have a File of Life, please be sure to update it regularly. Need help with it? Just stop by and see staff. A File of Life is your best friend in an emergency!



CAFÉ FUN...

FREE FOR ALL FRIDAYS! ~ Every Friday we offer **FREE** coffee in the Corner Café but do you know what goes great with coffee?...a yummy goody. Feel free to bring in some goodies to share in the Café on Fridays. We give Chris a breakfast break on Fridays and we would love for others to help out with goodies. Thanks in advance!
~Thank you to all that have donated goodies on Fridays!~



We need your help! During the month of July, we will be collecting feedback on the Café. What would you like to see, what do you never want to eat, and what are your favorites? There will be a box and short questionnaire on the counter. If you visit the Café regularly, we would love your feedback and if you never visit, we would love to know why not. June's questionnaire didn't give us the information we are looking for so we are trying again! Please be sure to give us your feedback!
Thank you!!

THE HYDRATION STATION IS OPEN! FRUIT & HERB INFUSED WATER WILL BE AVAILABLE IN THE CORNER CAFÉ DAILY. STOP IN AND QUENCH YOUR THIRST!
REMEMBER TO BRING YOUR OWN REFILLABLE WATER BOTTLE.

Newsletter.... The cost of having the newsletter mailed to you is \$9.00 per year. Or if we have your e-mail address, you will receive it in you 'inbox' each month for **FREE!**

ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, July 14th and 28th at 1:30pm

Get creative while working on the same project as everyone else with watercolor pencils. Supplies and materials are provided. Give something new a try! **Please sign up for this activity.**

JEWELRY CLASS ~ RETURNS IN AUGUST!

TEA WITH THE TA

Wednesday, July 9th at 10:00am

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. This informal conversation is a great way to talk to Marc and get to know what is happening in Ludlow.

OPERA APPRECIATION ~ RETURNS IN SEPTEMBER

TED TALK HOUR

Wednesday, July 30th at 1:00pm

After watching a short TED Talk video, Jodi will lead the group through interesting and spirited discussion. Come check it out!

THE WRITERS BLOCK

Thursdays, July 10th and 24th at 2:00pm

Use your words! This class will explore creative writing and journaling, both great ways to improve your mental health and mood, and to boost memory! Drop ins welcome! Try a new class and join us!

PAINTING WITH SUNSHINE VILLAGE

Thursday, July 24th at 10:00am

Join Sunshine Village to create a beautiful painting. These activities are limited to the first 10 people to sign up. **Free activity!**

WEEKLY ACTIVITIES...

KNITTING CLUB

Mondays at 9:00am

Join the knitting group to get help with your project and start your week with good friends and a lot of laughs.

COMPUTER HELP

Mondays in July 7 & 14 10:00am-11:00am

Jeri is back for weekly technology help. Whether it is your phone, tablet or computer, Jeri will be here to help! **Sign up required**

BILLIARDS

9 Ball on Mondays: 12:30pm-4:00pm; **Round Robin** on Tuesdays: 12:30pm-4:00pm and Wednesdays and Thursdays 12:00pm-4:00pm; **open play**: Monday—Friday mornings, and Friday all day and Tuesday evenings until 7:00pm. Interested in billiards? Just stop by the room and chat with the players.

SCRABBLE

Mondays at 1:00pm

Love letters? Come have fun playing Scrabble. Show off your vocabulary or learn a few new words!

PITCH

Mondays at 1:15pm

Whether you are an old pro or new to the game, come and join us for many fun & friendly hands of Pitch! All welcome!

BOOK CLUB

Thursday, July 24th at 2:00pm

The Lost Dresses of Italy by M.A. McLaughlin

Aug: *The Light Between Oceans* by M L Stedman

If you love to read and have conversations about books, this group is for you! New members always welcome!

FISHING CLUB

Thursday, July 3rd at 1:00pm

Want to go fishing or learn about area fishing holes? Come to a meeting! New and seasoned members welcome!

TRIVIA

Fridays, July 11th and 25th at 10:30am

Teams will work together to answer trivia questions from pop culture, history, science, and more! If you know a little about everything, you will love playing trivia! *Trivia on the 25th will be an audio 50s and 60s music game!*

DECORATING COMMITTEE

Friday, July 11th at 1:00pm

Do you enjoy decorating large areas and dining rooms or creating centerpieces? If so, join us as we plan for upcoming events.

SLOW STROLLERS CLUB *NEW ACTIVITY*

Mondays and Fridays at 10:30am beginning in July

Just because you are a little slower doesn't mean you can't get some exercise in! Join us as we take a slow stroll around the parking lot a time or 2. Great way to get a little exercise, fresh air and some vitamin D! No sign up necessary, just meet us out front! All welcome!

CHAIR VOLLEYBALL WILL CONTINUE THIS SUMMER AT THE HUBBARD MEMORIAL LIBRARY...THURSDAYS AT 1:30PM.

QUILTING GROUP

Tuesdays at 9:00am

Come create and show off your masterpiece, learn a new technique or simply enjoy time with friends.

CRIBBAGE

Tuesdays at 10:00am

Come play this game that involves grouping cards to create points which move you further along on the Cribbage board.

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance! Join us!

CERAMICS

Wednesdays~9:00am, Fridays~1:00pm

You can bring your own piece or buy one here. Help is available as well as access to the kiln. Cost of the class is free thanks to the Friends!

DOMINOS

Thursdays at 9:30am

Join us for a game of Mexican Train! No experience necessary.

MAHJONG

Thursdays at 1:00pm

Come join us for a lively game of Mahjong. New players welcome!

EXERCISE...

All of our exercise classes are either grant funded, volunteer driven, or supplemented by the Friends.

PLEASE remember to cancel your class reservation if you cannot attend class. Every class has a wait list so please be courteous and cancel your reservation. Frequent no-shows will not be able to sign up for classes for a period of time. **PLEASE BRING CLEAN SNEAKERS! IF THE FLOORS AND MACHINES GET RUINED, PRICES FOR CLASSES WILL GO UP. **BRING CLEAN SNEAKERS WITH YOU!****

REGISTRATION REQUIRED CLASSES...

BOOMER BOOTCAMP

Mondays at 9:30am & Fridays at 8:45am and 10:00am

Have fun while using weights and light aerobic exercise to increase tone and endurance. \$2 or punch from your punch card.

Registration required Please bring clean sneakers!

HEALTHY BONES & BALANCE

Wednesdays at 10:30am & 1:00pm & Fridays at 1:00pm

HBB is an evidence based fitness class that incorporates exercise balls and weights. HBB is designed to help increase mobility, strength, balance, and flexibility. **Class is FREE** thanks to RSVP of Pioneer Valley. ***Registration required*** Clean sneakers!

EXERCISE ROOM

Monday—Friday 8:00am—3:45pm (3:15pm on Fridays)

Fitness Room Instruction Wednesdays 8am-10am by Appt

The exercise room contains treadmills, recumbent bikes, and an elliptical. ***PLEASE remember that you must have your medical provider sign a medical form prior to utilizing the equipment.***

There is a \$10 lifetime fee. If you paid it at the old building, you are all set. **PLEASE BRING CLEAN SNEAKERS!**

FITNESS ADVISOR

By appointment

Retired personal trainer, Les Carpenter is here to offer any guidance or answer questions regarding exercise or equipment and will help to design an exercise program that works for you. Call the front desk for information.

MEETINGS...

VETERANS SERVICES

Eric Segundo, Veterans agent, can be reached at 413-707-5050 and the office is located at 487 Holyoke Street in Ludlow.

FRIENDS OF THE LUDLOW SENIOR CENTER

Thursday, July 10th at 10:30am

The Friends play an important role at the Ludlow Senior Center by financially supporting services and activities. Stop in on the second Thursday of each month and find out what you can do to help!

COUNCIL ON AGING BOARD MEETING

Wednesday, July 16th at 4:30pm

Held the 3rd Wednesday of every month, this meeting is open to the public. This is an advisory Board that helps set policies and procedures of the Center. If you have questions about how things are done at the Center, please feel free to attend a meeting.

DROP-IN CLASSES....

ZUMBA GOLD

Mondays at 2:30pm & Wednesdays at 9:00am

A modified Zumba class for active older adults with easy-to-follow choreography that focuses on balance, range of motion, and coordination. \$2 or punch from your punch card per class.

GENTLE YOGA

Tuesdays at 10:30am

This gentle practice incorporates the principles of Hatha Yoga and provides approaches of slow, gentle movements with breathing, mindfulness, and stress release. **Please bring your own mat.** \$2 or punch from your punch card per class.

TAI CHI

Thursdays at 9:00am

Come join this class where you are led through exercises of slow, flowing movements to help improve concentration, coordination, flexibility, and balance while relaxing the mind. **Free Class!**

ACTIVE YOGA

Thursdays at 2:30pm

This class provides poses and a flow of postures with emphasis on body awareness, alignment, and coordination of breath and movement. **Please bring your own mat.** \$2 or punch from your punch card per class.

DANCE CLASSES (DROP-IN)...

LINE DANCING

Tuesdays at 9:00am **No Line Dancing on 7/15**

Learn how to line dance while having fun! Learn the latest dances. \$1.00 donation. **Please bring clean shoes!**

WESTERN DANCE LESSONS

Tuesdays at 1:00pm **No Western Dancing on 7/15**

If you love to dance, this is for you! There will be multiple forms of dancing to one song at a time. Instruction on line, swing, and couples dancing. Partners, singles, and line dancers are welcome. \$1.00 donation is appreciated. **Please bring clean shoes!**

SENATOR OLIVEIRA OFFICE HOUR

Thursday, July 10th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, July 21st at 10:30am in the Corner Café

Stop by and ask questions about topics that are important to you.

Both the Senator and Representative can speak with you about what is happening at the State or local level. Stop by either office hours and have your questions answered!

JULY 2025 Activities Calendar

(Tuesday Nights ~ see pg. 10)

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	2 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Africa Visual Tour (RR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	3 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 1:00pm: Fishing (CR) 2:30pm: Active Yoga (FS)	4 CENTER CLOSED (July 4th!)	
7 8:45am: Foot Care appts (WC) 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	8 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	9 9:00am: Mobile Dental (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Tea with TA (Café) 10:00am: Ludlow Power Choice 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	10 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30pm: Friends Meeting (AC) 1:00pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	11 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Slow Strollers 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Decorating 1:00pm: Healthy Bones (FS)
14 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	15 9:00am: Quilting (AC) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Brown Bag pick up (RR) 1:30pm: Bingo (GR) (No dance classes today)	16 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 10:30am: Ice Cream & Sprinkles 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)	17 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	18 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Slow Strollers 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
21 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Advanced Care Plan 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	22 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	23 8:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	24 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	25 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: Job Seekers Info (Café) 10:30am: Trivia (RR) 10:30am: Slow Strollers 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
28 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:30am: PACE Talk/Slow Stroll 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	29 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	30 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)	31 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office

JULY 2025 Lunch Menu

Food Allergy Concerns? Call the Center to ask about our menu items and ingredients!

Ludlow Senior Center

(413) 583-3564

(24 hour notice required)

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken patty sandwich Lettuce & tomato Steak fries	1 Shepherd's Pie Biscuit	2 Potato crunch fish Rice pilaf vegetable	3 4th of July Lunch Vegetable & chicken kabob Orzo salad	4 CENTER CLOSED (Happy 4th!)
7 BBQ riblet Sweet pot fries Corn	8 Cobb salad	9 Lunch & Learn American chop suey Garlic bread	10 Seafood Newberg White rice Mixed vegetable	11 Roasted vegetable pizza Apple & carrot salad
14 Turkey Waldorf salad plate Roll	15 Beef stew Corn bread	16 BLT grinder Chips Pickle	17 Birthday Lunch Cheese lasagna Rolette Side salad Garlic knot	18 Loaded nachos!
21 Stuffed sausage Onions, peppers, mushrooms Tater tots	22 Salmon burger with arugula & sauce Pasta salad	23 Vegetable frittata Hash brown Biscuit	24 Salisbury steak Roasted potatoes Vegetable	25 Cheese tortellini pepperoni pizza casserole Caesar salad (new recipe)
28 Chicken parmesan Pasta Vegetable	29 Vegetable stir fry Rice Egg roll	30 Bacon bleu burger Lettuce & tomato Steak fries	31 Stuffed pork chop Scalloped potatoes vegetable	Please remember to cancel your reservation before 10:00am or you will be counted as a NO-SHOW. NO-SHOWS will be charged \$5.00 a day.

SPECIAL LUNCHES...

(ENTERTAINMENT GERSOUSLY SPONSORED BY THE FRIENDS OF THE LUDOW SENIOR CENTER)

LUNCH & LEARN~

CONSUMER NOTIFICATION SYSTEM & THE HOMESTEAD ACT

Wednesday, July 9th at 12noon

Cheryl Coakley- Rivera, Esq. Registrar of Deeds

This informational seminar is for homeowners and you will learn: Who we are and what we do, Homestead Act, Consumer Notification System, and Title Fraud All attendees are eligible to receive a FREE certified copy of their deed.

Registration for Lunch & Learn required



BIRTHDAY LUNCH!

Thursday, July 17th at 12noon

Calling all July Birthdays! Join us for our monthly Birthday lunch.

Let us know if your birthday is in July and lunch is

on us!

Reservation required



MOVIES...

July 1 4:45pm & July 2 1:00pm

Jaws 1975 PG

In this classic movie, a local sheriff hunts down a deadly great white shark. 123min
***early start time**

July 8 5:00pm & July 9 1:00pm

Seven Year Itch 1955 PG

When his family goes away for the summer, a hitherto faithful husband with an overactive imagination is tempted by a beautiful neighbor. Starring Marilyn Monroe. 104min

July 15 5:00pm &

July 16 1:00pm

The Great Outdoors 1988 PG

A Chicago man and his family go camping with his obnoxious brother-in-law.

Starring John Candy.

90 min



July 22 5:00pm & July 23 1:00pm

Beach Blanket Bingo 1965 PG

The Beach Gang meets a pop star during a sky-diving publicity stunt but then must rescue her when she is kidnapped and tied to a saw.

Starring Annette Funicello and Frankie Avalon.

96 min

July 29 5:00pm & July 30 1:00pm

Blue Hawaii 1961 PG

A pineapple tycoon's rebellious son turns island tour guide with his girlfriend.

Starring Elvis Presley. 97min

OUTREACH...

Beginning in August, we will no longer have an Outreach Coordinator. Debbie Johnson is retiring, and it is going to take a bit of time to hire a new person and get them trained on all things older adult. We ask for your patience. Please rely on family and friends to help with applications. We will do the best we can to help, and we realize that Fuel Assistance and Open Enrollment begin in the Fall. Again, we will do our best to help. Please do not wait until the last minute to contact us with any concerns. Below are some resources that may help. We also have a list resources here at the Center.

Access Care Partners (home care) - 413-538-9020

Ludlow Housing Authority—413-589-7272

Ludlow Health Department—413-583-5600 x-1271

413cares.org (list of Western Mass resources)

Sheriffs Department TRIAD (medical equipment) - 413-858-0060

Medicare Office—1-800-633-4227

Social Security—1-800-772-1213

Valley Opportunity Council (fuel assistance) - 413-552-1554

SHINE Regional Office— 1-800-243-4636

Again, thank you for your patience and understanding!

BROWN BAG PROGRAM

Tuesday, July 15th ~ 12:00pm-3:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55 who meet income guidelines. Pickup is the 3rd Tuesday of each month. **Call the Center for more information and application. Bags need to be picked up on the 15th between 1:00pm and 3:00pm. Thank you!**



SHINE PROGRAM

Thursdays by appointment

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay for health care costs. Call 583-3564 to make an appointment with our SHINE counselor!

SUPPORT...

LIMITLESS LEGENDS

Monday, July 28th at 1:00pm

Join Liane Smola of Guidance By Li to learn how to challenge negative thoughts, focus on strengths, embrace new experiences, stay active, seek support & greater connection. *Limitless Legends* encourages meaningful interactions and connections within our community in a non-judgmental, compassionate space, while having a whole lot of fun. A monthly calendar of local events will also be distributed at each session.

Please register for this session

Sponsored by the Executive Office of Aging & Independence

GUIDANCE BY LI

Comfort and Support After Loss

Friday, July 18th at 1:00pm

Tuesday, July 8th at 5:45pm

Losing a loved one can be one of life's hardest challenges. While it is inevitable that we all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief.

Owner and Founder of Guidance By Li, Liane Smola, joins us monthly to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and sharing ideas how to support others in your life who also are faced with grief.

Share the story of your lost loved one and receive soft guidance and support for your continued grief journey.

Please register for these sessions

Sponsored by the Executive Office of Aging & Independence and Ludlow Funeral Home

THE FORGET-ME-NOT CIRCLE RETURNS IN AUGUST

Are you a caregiver struggling with caring for a loved one with memory challenges? You are welcome to join us for our **Forget-Me-Not Circle** which is a welcome meeting place where those with memory challenges and their caregivers meet with peers to share resources and have open and honest conversations about caring for a loved one with memory challenges.

Please register both caregiver and loved one

MINDFUL MEDITATION

Thursdays at 10:15am

If you have ever been interested in mindfulness and meditation, this class is for you. The benefits of mindful meditation are to calm the mind, increase relaxation, reduce stress, control pain, reduce insomnia, and lower blood pressure. **Registration appreciated.**

NOTARY SERVICE

Monday thru Friday 9:00am-3:00pm

If you need something notarized, call ahead or visit the front desk. There is no charge for this service.

WELLNESS...

BLOOD PRESSURE CHECKS AND FILE OF LIFE

Tuesdays at 12:30pm & Fridays at 10:00am

Get your blood pressure checked and update your File of Life or complete a new one. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, July 9th by appointment

Manda Day, RDH will be here by appointment to provide dental services. Services include blood pressure screening, dental screening, oral cancer screening, dental education, teeth cleaning, polishing, denture cleaning and inspection.

- Dental cleaning of your own teeth is \$75 and includes removal of plaque, tartar and other debris from the patient's teeth with autoclavable instruments.
- Dental cleaning with dentures is \$30 includes inspection and cleaning of dentures.
- Fluoride treatment is also available for \$25.
- If you have MassHealth, treatment is free.
- Call 583-3564 to book an appointment.

FACIALS WITH DIANE

Wednesday, July 23rd by appointment

Diane Neill, MA Licensed Esthetician, provides facials and additional skin care services starting at \$35. Light therapy and waxing services are available.

Appointments are required.

August appts are available beginning July 1st



FOOT CARE WITH ANGELA KRAMER, RN, BOH

Thursdays by Appointment

Pedicures are \$20 and comprise of a foot soak and nail trim (no polish). Appointments are required and can be made by calling the Center. Diabetics are required to provide a note from their doctor before foot care can be given. ****Sign ups for July appointments begin July 1st. We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.**



REIKI

Fridays in July by appointment

Darcy Bachicha from *Peace Within* is offering 30 minute Reiki sessions for \$20. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. If you have wondered about Reiki, now is your chance to give it a try.

VOLUNTEERS NEEDED....

We are looking for one or two folks to facilitate and participate in our Walking Club. We would love to have someone who will walk and keep track of walkers and even do walks in other areas. If you like to walk and want to get involved, this could be the job for you!

Please see Heather if you are interested!

FRIENDS OF THE LUDLOW SENIOR CENTER

Who are "The Friends"?

We are an IRS 501c3 nonprofit organization created in 1984. Our goal is to financially assist the Ludlow Senior Center by raising funds which are used to supplement programs at the Center for our community.

Friends of the Ludlow Senior Center:

Kathy Green, President
Margaret Hinkley, Vice President
Stephanie Tyburski, Treasurer
Debbie Thompson, Secretary
Jackie Doyle, Assistant Treasurer

Next meeting:

Thursday, July 10th at 10:30am
All welcome!

DONATIONS HAVE BEEN MADE:

In memory of Kevin Quesnel:

- Gilbert Myette

General donations:

- Richard Trembley

FRIENDS NEWS...

- **Annual Meeting:** Please mark your calendars, September 11th is the Friends Annual Meeting when we will be electing officers. The terms for our five current officers are expiring this year. If anyone has an interest in running for one of our positions (President, Vice President, Secretary, Treasurer and Assistant Treasurer) please talk to our Nominating Committee, Pat Gregoire and Terry Detka.
- **Quilt Raffle:** Congratulations to Kathy Wanat who won the quilt. Thank you to everyone who supported this fundraiser and thank you to the Quilting Group for donating this beautiful quilt.
- **Thank you Big Y:** Thank you to Ludlow's Big Y for their donation from their June Community Giving Bag Program. We appreciate their ongoing support.
- **Boutique News:** THANK YOU to all our donors, shoppers and volunteers for 3 years in the Boutique! The Boutique is the largest source of income for the Friends and we look forward to many more profitable years.



LUDLOW HISTORY PROJECT

The Friends of the Ludlow Senior Center are currently working on an exciting new project to bring a bit of Ludlow's history to The Center! We are in search of old photos and newspapers from the 1900s. Of special interest are: Ludlow Registers from 1970s and 1980s (the publisher had a flood and archives were lost) and photos of businesses in town over the last 125 years (It's OK if there are people in the photos).

If you have any of these items you'd like to share, please leave your contact information with the Front Desk. We would also love to talk with anyone with a long family history in town. Leave a message at the Front Desk and Pam or Kathy will contact you. Thank you in advance!

WE APPRECIATE EACH AND EVERYONE WHO MAKES A DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER. PLEASE BE SURE TO CUT OUT AND USE THE FORM BELOW TO ENSURE WE GET ALL OF THE INFORMATION NECESSARY TO RECOGNIZE YOUR DONATION.

DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to (kindly indicate name, address & relationship): _____

Donation Amount _____

Check here to remain anonymous _____

Please make check payable to:

Friends of the Ludlow Senior Center

228 State Street, Ludlow MA 01056

Phone (413) 583-3564

The Friends are a non-profit 501(c)(3)

Please fill in all information

THE SENIOR SCENE

PLACE
STAMP
HERE

LUDLOW SENIOR CENTER ~ 228 STATE ST, LUDLOW, MA 01056

LUDLOW POWER CHOICE INFORMATION SESSION ~ Wednesday, July 9th at 10:00am

In August, the Town of Ludlow will launch a new electricity program for residents and business owners, Ludlow Power Choice. The program uses the group buying power of our community to provide benefits like new choices for the electricity supply price on our Eversource electric bills, long-term stable prices, and consumer protections like the freedom to leave at any time with no fee or penalty. At launch, the program will also provide savings compared with Eversource's Basic Service price (though savings cannot always be guaranteed). The program is a municipal, regulated alternative to private electricity supply offers and to Eversource's Basic Service prices. Most Ludlow electricity customers will be impacted. All Ludlow electricity customers are invited to participate. Join us!

Deliver to:

TUESDAY EVENING ACTIVITIES ...

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, July 8th at 5:45pm

Are you still employed and dealing with grief from the loss of a loved one and cannot make the daytime group? Liane Smola is bringing her comfort and grief support to a monthly Tuesday evening to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress and sharing ideas how to support others in your life who also are faced with grief. JOIN US!

~Generously supported by Ludlow Funeral Home~

SOUPER SUPPER

Tuesday, July 15th ~ 4:30pm-6:00pm

The Corner Café will be open serving soup and a roll for \$2.00! Stop in and enjoy a nice hot bowl of soup or take it home!

TRIVIA

Tuesday, July 15th at 5:00pm

If you love Friday trivia, you will love Tuesday nights too! Teams will work together to answer questions from pop culture, history, science and so much more! If you know a little bit about everything, you will love playing!

CREATIVE CORNER WITH TAMMY

Tuesday, July 22nd at 4:00pm

Join Tammy for a class to create a wooden plaque with 3 mini vases. Cost is \$5.00. ***Sign-up required beginning July 1st.***

POWER PUMP EXERCISE CLASS

Every Tuesday at 4:30pm

The energy never stops with this unique blend of cardio and strength workout. Many different modalities are incorporated in this workout, including cardio drills. Class is \$2.00 or a punch on your punch card. **Bring your mat!**

MOVIES

Every Tuesday

We show everything from the oldies to new releases! And snacks too! **See page 7 for July movies and start times!**

CENTER TRANSPORTATION

Tuesdays, 4:00pm-7:00pm

Transportation is available to and from the Center on Tuesday evenings. **24-hour** notice is required. Call the Center at 583-3564.

EVENING JEWELRY ~ RETURNS SOON!